



# XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA

B4SPORT

**Wydarzenie:** XIV Koszaliński Bieg Sylwestrowy oraz Marsz Nordic Walking  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-12-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZATOŃ Olga	60		K30	1	00:06:01	00:12:47	<b>00:19:30.10</b>		3:54	15.4 (100%)
2	SZKOŁUDA Sabina	266	NICE'SRUNNERSTEAM	K18	1	00:06:31	00:13:43	<b>00:20:50.30</b>	+00:01:20 (6.4%)	4:10	14.4 (93.5%)
3	WIZE Małgorzata	52		K40	1	00:06:26	00:13:50	<b>00:21:19.55</b>	+00:01:49 (8.6%)	4:15	14.1 (91.6%)
4	KASZTELAN Urszula	146	TRIATHLON TKKF KOSZALIN	K30	2	00:06:22	00:14:10	<b>00:21:39.10</b>	+00:02:09 (9.9%)	4:19	13.9 (90.3%)
5	MAZIEC Beata	190	TKKF KOSZALIN	K30	3	00:06:50	00:14:22	<b>00:21:46.60</b>	+00:02:16 (10.4%)	4:21	13.8 (89.6%)
6	KĘPA Martyna	150	BRAK	K18	2	00:07:00	00:14:44	<b>00:22:06.95</b>	+00:02:36 (11.8%)	4:25	13.6 (88.3%)
7	RYBAK Daria	237	GAMMAXRUN	K40	2	00:06:57	00:14:37	<b>00:22:25.95</b>	+00:02:55 (13.1%)	4:29	13.4 (87.0%)
8	JANDERNAL Lena	61		K-OPEN	1	00:07:04	00:15:28	<b>00:22:31.00</b>	+00:03:00 (13.4%)	4:30	13.3 (86.4%)
9	GUDANIEC Katarzyna	119	TRIATHLON TKKF KOSZALIN	K30	4	00:06:54	00:14:25	<b>00:23:00.25</b>	+00:03:30 (15.2%)	4:36	13 (84.4%)
10	FLIS Anna	106	WŚCIEKŁE PIĘSCI MOPSÓW	K30	5	00:07:54	00:16:08	<b>00:23:55.30</b>	+00:04:25 (18.5%)	4:47	12.5 (81.2%)
11	TOMASZEWICZ Magdalena	276		K40	3	00:07:05	00:15:36	<b>00:23:59.35</b>	+00:04:29 (18.7%)	4:47	12.5 (81.2%)
12	GIEDROWICZ Aleksandra	112		K30	6	00:07:03	00:15:36	<b>00:24:01.10</b>	+00:04:31 (18.8%)	4:48	12.5 (81.2%)
13	KRZEWIŃSKA Małgorzata	169	TKKF KOSZALIN	K60+	1	00:07:32	00:15:51	<b>00:24:07.35</b>	+00:04:37 (19.2%)	4:49	12.4 (80.5%)
14	MRUGALSKA Magdalena	199	JW1223	K30	7	00:07:33	00:16:01	<b>00:24:25.60</b>	+00:04:55 (20.2%)	4:53	12.3 (79.9%)
15	WALCZAK Anna	284		K30	8	00:07:40	00:16:14	<b>00:24:36.65</b>	+00:05:06 (20.8%)	4:55	12.2 (79.2%)
16	JAROSIK Monika	134		K40	4	00:07:21	00:16:05	<b>00:24:49.50</b>	+00:05:19 (21.4%)	4:57	12.1 (78.6%)
17	KUBIAK Katarzyna	171		K40	5	00:07:47	00:16:27	<b>00:25:05.20</b>	+00:05:35 (22.3%)	5:01	12 (77.9%)
18	GRABOWSKA-LESISZ Aneta	117		K40	6	00:07:36	00:16:20	<b>00:25:07.40</b>	+00:05:37 (22.4%)	5:01	11.9 (77.3%)
19	HAŁAJKO Magdalena	122	TKKF KOSZALIN	K40	7	00:07:43	00:16:23	<b>00:25:08.90</b>	+00:05:38 (22.5%)	5:01	11.9 (77.3%)
20	BADOWSKA Agnieszka	64		K40	8	00:07:33	00:16:30	<b>00:25:22.50</b>	+00:05:52 (23.1%)	5:04	11.8 (76.6%)
21	BOGACKA Lucyna	74	TKKF KOSZALIN	K60+	2	00:08:02	00:16:47	<b>00:25:32.55</b>	+00:06:02 (23.7%)	5:06	11.7 (76.0%)
22	BAHR Marzena	65		K30	9	00:08:00	00:16:54	<b>00:25:33.90</b>	+00:06:03 (23.7%)	5:06	11.7 (76.0%)
23	GÓRALSKA Monika	116	BIĄŁOGARD BIEGA	K40	9	00:08:10	00:17:08	<b>00:25:35.20</b>	+00:06:05 (23.8%)	5:07	11.7 (76.0%)
24	BOGUSZEWSKA-KAŻMIERCZAK Agnieszka	76	ZASAPANI HYDRO TRZCIANKA	K40	10	00:08:12	00:17:06	<b>00:25:43.50</b>	+00:06:13 (24.2%)	5:08	11.7 (76.0%)
25	PAWŁOWSKA Magdalena	214	GAMMAXRUN	K40	11	00:07:51	00:16:47	<b>00:25:57.65</b>	+00:06:27 (24.9%)	5:11	11.6 (75.3%)
26	BOJANOWSKA Nikola	77		K18	3	00:08:02	00:17:15	<b>00:26:33.85</b>	+00:07:03 (26.6%)	5:18	11.3 (73.4%)
27	CHOMA Edyta	91		K30	10	00:08:47	00:18:38	<b>00:28:33.70</b>	+00:09:03 (31.7%)	5:42	10.5 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>DZIUGA Dagmara</b>	<b>104</b>		K18	4	00:08:36	00:18:43	<b>00:28:41.05</b>	+00:09:10 (32.0%)	5:44	10.5 (68.2%)
29	<b>BŁAŻEJCZAK-BOGUCKA Paulina</b>	<b>71</b>		K30	11	00:08:45	00:18:52	<b>00:28:45.45</b>	+00:09:15 (32.2%)	5:45	10.4 (67.5%)
30	<b>KOWALCZYK Karolina</b>	<b>160</b>		K40	12	00:09:10	00:19:16	<b>00:28:47.00</b>	+00:09:16 (32.2%)	5:45	10.4 (67.5%)
31	<b>SKRZYPCZYK Joanna</b>	<b>246</b>	DARŁOWSKIE CHARTY	K40	13	00:09:06	00:18:54	<b>00:28:56.85</b>	+00:09:26 (32.6%)	5:47	10.4 (67.5%)
32	<b>PEŁKA Iwona</b>	<b>217</b>		K50	1	00:09:16	00:19:37	<b>00:29:22.45</b>	+00:09:52 (33.6%)	5:52	10.2 (66.2%)
33	<b>MISZTAL Wiktoria</b>	<b>196</b>		K18	5	00:08:53	00:18:59	<b>00:29:26.55</b>	+00:09:56 (33.8%)	5:53	10.2 (66.2%)
34	<b>GAŁKOWSKA Hanna</b>	<b>109</b>	BIEGOLAS	K30	12	00:09:09	00:19:13	<b>00:29:39.50</b>	+00:10:09 (34.2%)	5:55	10.1 (65.6%)
35	<b>SUCHANOWSKA Anna</b>	<b>258</b>	RESPECT LOTYŃ	K50	2	00:09:22	00:19:34	<b>00:29:48.55</b>	+00:10:18 (34.6%)	5:57	10.1 (65.6%)
36	<b>BORUSIŃSKA Marta</b>	<b>80</b>		K40	14	00:09:19	00:19:24	<b>00:29:59.30</b>	+00:10:29 (35.0%)	5:59	10 (64.9%)
37	<b>SOKOŁOWSKA Tola</b>	<b>251</b>		K40	15	00:09:19	00:19:24	<b>00:29:59.95</b>	+00:10:29 (35.0%)	5:59	10 (64.9%)
38	<b>BUTYŃSKA-RADZIOWON Edyta</b>	<b>87</b>		K40	16	00:09:07	00:19:39	<b>00:30:19.35</b>	+00:10:49 (35.7%)	6:03	9.9 (64.3%)
39	<b>ŁUKAWSKA Pola</b>	<b>180</b>		K14	1	00:08:59	00:19:27	<b>00:30:29.65</b>	+00:10:59 (36.0%)	6:05	9.8 (63.6%)
40	<b>MARCZAK Małgorzata</b>	<b>187</b>	WPK SŁOŃ TEAM	K60+	3	00:09:29	00:20:05	<b>00:30:46.40</b>	+00:11:16 (36.6%)	6:09	9.8 (63.6%)
41	<b>PAWŁOWSKA Małgorzata</b>	<b>215</b>		K18	6	00:09:12	00:20:20	<b>00:31:21.85</b>	+00:11:51 (37.8%)	6:16	9.6 (62.3%)
42	<b>BEDNARZ Katarzyna</b>	<b>69</b>		K40	17	00:09:48	00:20:55	<b>00:31:31.00</b>	+00:12:00 (38.1%)	6:18	9.5 (61.7%)
43	<b>MAKSYLEWICZ Daniela</b>	<b>185</b>	DANIELA	K18	7	00:09:32	00:20:46	<b>00:31:32.15</b>	+00:12:02 (38.2%)	6:18	9.5 (61.7%)
44	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>260</b>		K40	18	00:10:15	00:21:15	<b>00:31:58.90</b>	+00:12:28 (39.0%)	6:23	9.4 (61.0%)
45	<b>CHINC Agnieszka</b>	<b>88</b>		K30	13	00:09:32	00:21:03	<b>00:32:28.70</b>	+00:12:58 (40.0%)	6:29	9.2 (59.7%)
46	<b>TOMASZEWICZ Agnieszka</b>	<b>275</b>		K40	19	00:09:32	00:21:02	<b>00:32:28.80</b>	+00:12:58 (40.0%)	6:29	9.2 (59.7%)
47	<b>STANKIEWICZ-MAJKOWSKA Joanna</b>	<b>255</b>	TKKF MASTERS KOSZALIN	K50	3	00:10:15	00:21:15	<b>00:32:39.70</b>	+00:13:09 (40.3%)	6:31	9.2 (59.7%)
48	<b>GUDANIEC Dorota</b>	<b>118</b>	TRIATHLON TKKF KOSZALIN	K60+	4	00:10:16	00:21:16	<b>00:32:40.20</b>	+00:13:10 (40.3%)	6:32	9.2 (59.7%)
49	<b>FELIŃSKA Anna</b>	<b>105</b>	LION STRONG TEAM	K30	14	00:11:02	00:23:39	<b>00:36:52.80</b>	+00:17:22 (47.1%)	7:22	8.1 (52.6%)
50	<b>DAMASZEK-TECLAF Maria</b>	<b>98</b>	LION STRONG TEAM	K40	20	00:11:03	00:23:40	<b>00:36:53.00</b>	+00:17:22 (47.1%)	7:22	8.1 (52.6%)
51	<b>JANAS Karolina</b>	<b>130</b>	TKKF MASTERS KOSZALIN	K30	15	00:11:15	00:24:40	<b>00:38:23.15</b>	+00:18:53 (49.2%)	7:40	7.8 (50.6%)
52	<b>BUDZYŃSKA Elżbieta</b>	<b>85</b>		K50	4	00:14:03	00:31:02	<b>00:47:23.80</b>	+00:27:53 (58.9%)	9:28	6.3 (40.9%)
53	<b>ZARZYCKA Weronika</b>	<b>50</b>		K30	16	00:09:49			+00:03:48	6:08	9.8 (63.6%)

Znaleziono 53 wynik(ów)